



Early Childhood Services Bureau  
Child & Adult Care Food Program

Phone: (406) 444-4347  
Fax: (406) 444-2547  
Toll Free: (888) 307-9333



USDA is an equal opportunity provider and employer

# Sample Menu

These menus meet the requirements of the Child and Adult Care Program (CACFP) for participants age 1 and above. The menus can be used in the order as they appear, or they can be moved around, or replaced. Menus can be arranged as a set for a period of days, weeks, or for a month of business days, or for 31 days, or for a season such as Summer Menus. Items listed with an \* indicates the recipe is from Child Care Recipes-Food for Health and Fun.

## Resources:

USDA Child Care Recipes Food for Health and Fun, [http://www.nfsmi.org/Information/cc\\_recipe\\_index\\_alpha.htm](http://www.nfsmi.org/Information/cc_recipe_index_alpha.htm)  
Nebraska Dept. of Education, What's Cooking II cookbook, [www.nde.state.ne.us/NS/cacfp/index.htm](http://www.nde.state.ne.us/NS/cacfp/index.htm)  
Healthy Meals Resource System: [healthymeals.nal.usda.gov/childcare.html](http://healthymeals.nal.usda.gov/childcare.html)

## Considerations:

- Menu development is ongoing.
- Improve menus one step at a time by adding or modifying a food, recipe, or entrée by day or month.
- Consider ethnic food; include foods and dishes from your community.
- Consider seasonal food.
- Celebrate and enjoy food.
- Enjoy menu planning.

# Sample Menus

## MT CACFP

Last update 4/10/08

WEEK 1	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Oatmeal Plums Milk	Apricots Toast Yogurt Milk	Hot Cereal w/*Maple Ap- plesauce Topping Apple Slices Milk	Raisin Bread Banana Milk	Pumpkin Bread Banana Milk
Lunch	Homemade Chicken Pot Pie Whipped Potatoes (white and sweet mixed) Bread & Butter Milk	Toasted Cheese & Tomato Sandwich Lentil Soup Milk	Turkey Sandwich Cranberries Corn Pumpkin Pudding Milk	Chicken and Broccoli Rice Bowl Citrus Salad Milk	BBQ Turkey Meatballs Black Beans Squash Roll Milk
Snack	Bean Dip Crackers Water	Red Beans and Rice Tortilla Chips Water	Rice Cakes Blueberries Water	Deviled Eggs Carrots Water	Potato Salad Crackers Water
WEEK 2	Day 6	Day 7	Day 8	Day 9	Day 10
Breakfast	Whole Grain Cereal Strawberries Milk	French Toast Peaches Milk	Creamy Rice Pudding Pears Milk	Bagel Cream Cheese Strawberries Milk	Hard boiled eggs Toast & Jelly Grapes Milk
Lunch	Meatballs & Pasta w/ chunky tomato sauce Broccoli Milk	Beef Barley Soup Baked Sweet Potato Fries Rolls Milk	Homemade Mini-cheese pizza Tomato slices Asparagus Milk	Pork Roast Mashed Potatoes Brussels Sprouts Whole Grain Bread Milk	Tuna Rice Casserole w/ peas Baby Carrot Sticks Milk
Snack	Hummus & Pita Bread Cucumber Slices Water	Cinnamon Raisin Oatmeal Milk	Smoothie Mini-rice Cakes Water	Whole Grain Cereal Milk	Cheesy Cheddar Ham Loaf Water
Week 3	Day 11	Day 12	Day 13	Day 14	Day 15
Breakfast	Oatmeal Cantaloupe Milk	Whole Grain Cereal Tropical Fruit Milk	Oatmeal Apple Slices Milk	French Toast Peaches & Blackberries Milk	English Muffins Orange Slices Milk
Lunch	Homemade Chicken Pot Pie Broccoli Bread & Butter Milk	Meatloaf Broccoli & Cauliflower Bread & Butter Milk	Toasted Salmon Patty Sandwich Green Beans Green Salad Milk	Mexican Chicken with Rice Peas & Corn Milk	Veggie Lasagna Sautéed Vegetables Bread Milk
Snack	Strawberry Muffin Grape Juice	Cottage Cheese Pineapple Water	Veggie Tray French Bread Water	Cheddar Cheese Cubes Apple Slices Water	Deviled Eggs Carrot Water

Early Childhood Services Bureau  
Child & Adult Care Food Program

Phone: (406) 444-4347  
Fax: (406) 444-2547  
Toll Free: (888) 307-9333

USDA is an equal opportunity provider and employer

